



# Tik Tok: It's Time to Talk About Screen Time and Our Children's Minds and Brains [REPEAT]



PRESENTED BY

**Chris Mattatall**



SERIES SESSIONS

Date	Time
October 29, 2024	6:30 PM - 7:30 PM



LOCATION

**Zoom Online Meeting - Zoom**

FEE

**\$0.00**

QUESTIONS?

Contact Us:

**403-381-5580**

REGISTER ONLINE

Visit our website to register:

**sapdc.ca**

## Learning Opportunity

This session explores the potential impact that our screen-saturated culture (smart phones/ tablets/gaming, and especially social media) is having on the developing brains of children and youth. We know there is a growing population of children dealing with anxiety, social frustration, sleep deprivation, and depression as a result of addictive screen time behaviour, but there is a lot that parents and educators can do to help children navigate these complex realities. This session provides parents and educators some guidance to empower our children toward healthy digital choices.

*This session is available to both Educators and Parents.*

---

## Presenters

**Chris Mattatall**

Dr. Chris Mattatall is an Associate Professor of Educational Psychology and Inclusion in the Faculty of Education. He teaches in both the undergraduate and graduate programs, helping to prepare pre-service teachers for an exciting life as professional educators. An educator for more than 30 years, Dr. Mattatall also conducts research in areas related to the Scholarship of Teaching and Learning, as well as early reading acquisition and intervention. He is also currently serving as the University of Lethbridge Board of Governors Teaching Chair (2023-2025).

---

## Registration Notes

This session is possible through funding from Alberta Education

Session is in Mountain Time (MT)



Southern Alberta  
Professional Development  
**Consortium**